

# TOBACCO FACT SHEET

## Smokeless Tobacco

Tobacco use is not a choice like jogging or a habit like eating chocolate; it is an addiction fueled by nicotine.

Smokeless tobacco is a tobacco that's placed in the mouth rather than smoked. In the United States, the four primary smokeless tobacco types are plug tobacco, loose leaf tobacco, twist tobacco, and snuff. There are two kinds of smokeless tobacco:



- chewing tobacco (shredded tobacco that's sold loose or in a bar or "plug")
- snuff (moist, finely ground tobacco that's sold loose or in packets).

### Mississippi Facts

- In 2000, 7.5 percent of public middle school students and 10.1 percent of private middle school students used smokeless tobacco.
- In 2000, 9.1 percent of public high school students and 19.3 percent of private high school students used smokeless tobacco.

### A Healthy People 2010 National Objective:

Reduce smokeless tobacco use in the last month among students grades 9 through 12 to no more than one percent.

### The Facts

- Smokeless tobacco users who dip or chew eight to 10 times in a day may be exposed to the same amount of nicotine as persons who smoke 30 to 40 cigarettes a day.
- Youth who use smokeless tobacco are more likely to start using cigarettes.
- According to the 2001 Youth Risk Behavior Survey, 14.8 percent of high school males had used smokeless tobacco on one or more days in the last thirty days.

### The Risks

- Using smokeless tobacco can contribute to serious health problems, including:
  - ✓ Nicotine addiction
  - ✓ High blood pressure
  - ✓ Gum problems
  - ✓ Tooth cavities
  - ✓ Cancer of the mouth
  - ✓ Cancer of the voice box
  - ✓ Nicotine poisoning
  - ✓ Exposed roots of teeth

## Immediate consequences of use:

- Bad breath
- Stains on teeth
- Wear and tear on tooth enamel
- Reduced senses of taste and smell
- Socially unacceptable behavior

After using smokeless tobacco for a few weeks, the user's lips and gums can begin to crack, bleed, wrinkle, and develop sores and white spots.

## What Can Be Done

### By Adults:

- Set a good example. If you have children, they are more likely to use smokeless tobacco if you do.
- Work to restrict advertising in your community, especially at youth activities.
- Recognize that using smokeless tobacco is not a safe substitute for smoking.
- Educate yourself on the health and social effects of tobacco use.

### By Youth:

- Recognize that using smokeless tobacco is not a safe substitute for smoking.
- Set a positive example for peers.
- Quit using smokeless tobacco and have white teeth and a sparkling smile.
- Have more money to spend on your favorite things.

# Spit it out!

## Say NO TO SMOKELESS TOBACCO!



Produced by—



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